24th Sept 2015 Vol.30/2015

From the Principal ........

Term 4 begins on TUESDAY 13 October. Swimming lessons begin on first day back from Tuesday 13 until Friday 23 October.

The school day STARTS at 8.40am. Classrooms open at 8.30am with supervision from 8.15am in the covered assembly area. Any children requiring dropping at school prior to 8.15am will need to access Before School Hours Care. Kindergarten students will begin at 8.50am with classrooms open from 8.40am. The term 4 calendar was sent with last week's newsletter. If you didn't receive one please request one via email from our office or simply come in and pick one up!

Swimming Lessons – Please note:

- Swimming lessons are compulsory for all students from PP to Yr 6 (except on Medical exemption).
- Students who are not swimming for medical reasons will be accommodated back at school and will not travel to the pool (parents may opt to collect their child prior to the students leaving for swimming lessons).
- All students (except PP) come to school in their sport or summer uniform and change into bathers at lunchtime. PP students may wear their bathers under their school clothes.
- Rashy or T-shirt MUST be worn by boys and girls to ensure Sun Safe compliance.
- Thongs, sandals or slip-on shoes to be worn to and from the pool.
- The aim of the swimming lessons is to teach the children water safety and aquatic skills, and also to encourage independent life skills such as moving safely around water, listening to and following instructions, sun-safe habits, and changing quickly under the supervision of a teacher.

We appreciate that some parents want to come and watch the progress of their children during swimming lessons and this in itself is fine, however it is essential that parents/guardians do not approach the students or instructor during the class lessons and that if there is a concern regarding the swimming instruction it is discussed in a reasonable manner with the Head Supervisor. To further develop independence, we would also encourage all children to dress and change themselves with help given by teachers on duty where necessary and therefore we request parents/guardians not to come into the change rooms whilst their children are changing. We have ensured that there are enough staff members to supervise the children in the male and female change rooms. Children being collected from the swimming pool on a regular basis MUST give the classroom teacher a written note in advance and the child must be checked off by the teacher before leaving. One off collections from the pools still require a green slip to be completed from the school office in the morning before school.

EFTPOS now available

We now have EFTPOS available in our administration office for payment of School Fees and Charges including Uniform Shop purchases. There is no cash out option. Direct Debit is the preferred option however, Cash and Cheque continue to be accepted methods of payment.

CALENDAR OF DATES

Term 4 begins on TUESDAY 13 October.
Swimming lessons begin on first day back from Tuesday 13 until Friday 23 October.

Holidays.....

Lord, we all love holidays.
We can sleep late in the mornings.
We can play games and listen to our favourite music.
We can see friends and relatives whom we haven’t seen for a long time.
For a while we can forget the worries of school and work,
and our tired brains can take a rest.
Lord Jesus, thank you for this time.
But let us remember people we know
who may not be able to rest and play.
Help us not to be selfish at holiday times and
to think of how we can help at home.
For your sake, Amen
Pupil Free Days
Friday 25 September (last day of Term 3) is a Pupil Free Day with Outside School Hours Care open. Bookings are available NOW without attending any other time but registration is essential and Child Care Benefit is available for eligible families. Vacation Care bookings are also essential for Tuesday 29 September until Friday 9 October with OSHC available on site from 7am to 6pm (please note Monday 28 September is a Public Holiday). Students resume for term 4 on Tuesday 13 October.

Summer Uniform & NEW Opening Days
ALL students are to be wearing Summer Uniform for Term 4 including the correct black school shoes and white school socks for girls and grey school socks for boys. The Uniform Shop will be open on Thursday 8 October during the school holidays from 9-11am. Parents are reminded to abide by their commitment to the Uniform Policy and Dress Code of the school by ensuring that their children leave home each day correctly dressed and groomed. Thank you. From Term 4 onwards the Uniform Shop will now be open on Mondays from 8.30 – 10.30am and Wednesdays from 2.00 – 4.00pm.

Mindfulness for Children
Mindfulness has an extraordinary capacity to build a strong body, mind and spirit in ourselves as adults, as well as in our children. Science has told us that it can help to protect against stress, anxiety, depression, illness and pain, ease the symptoms of autism and ADHD, improve academic performance and social relationships, as well as expand the capacity to experience positive emotions. Mindfulness is about stepping back and seeing thoughts and feelings come and go, without judgment, but with a relaxed mind, fully focused on the present moment. Children are wonderfully present in what they do, but as life picks up speed, the capacity to experience that calm, strengthening stillness can become more difficult to access. The sooner we can encourage our children towards mindfulness, the greater their capacity for mindful presence will be. A regular mindful practice will ensure that existing neural connections are strengthened and new ones established. Mindfulness for children generally works best it’s kept to about five minutes or less. Of course, if they’re able to go for longer, then brilliant – go with that. See the article from Hey Sigmund accompanying this week’s newsletter for some fun effective ways to strengthen your children’s mind, body and spirit especially over the school holidays.

Mindfulness focuses:
S - Always act in a SAFE way.
U - UNDERSTAND others have the same rights as you.
P - Show PRIDE in all you do.
E - EFFORT - Always do your best.
R - RESPECT yourself, others, property & the environment.

Weekly XPBS Focus: WEEK 10
P - PRIDE
At All Times
PUT RUBBISH IN THE BINS AND IN THE CORRECT BINS; IN YOUR CLASSROOM AND IN AND AROUND THE SCHOOL!

Next week - Term 4 - Week 1:
R - RESPECT
At All Times -
RESPECT OTHERS’ GAMES BY NOT INTERFERING!

NOONAR LANGUAGE INCURSION
MONDAY 21ST SEPTEMBER 9-10AM

We were one of the first Catholic schools in the Metro area to engage in the Noongar Language Incursion workshop performed on Monday. Guy Ghose and Gina Williams engaged our students in a vibrant noongar language, story and music performance! The students learned the song; ‘Wanjoo - The Welcome Song’.

As this is our last week for Term 3, we begin our mid semester break at the end of the week for a further two weeks. We wish all our families a relaxing and enjoyable holiday with their children.

God bless.
Cathie Bauer, Principal

Kalyakoorl, Ngalkwarangka (Forever, We Sing)
SACRAMENT OF CONFIRMATION
CONGRATULATIONS TO THE NEWLY CONFIRMED

Congratulations to all students who were confirmed at our Mass on Sunday. A big thank you to Father Kaz, Mrs Lauren Hind, and Mr John Henry who prepared the children beautifully for this important Sacrament.

Father Kaz was very impressed with the organisation of the Sacrament, how well prepared the candidates were and the reverence and prayerfulness displayed by all students.

The choir and music ministry were wonderful. A special thank you to all the students, Mr Paul Leeder and Mr David Hamersley for enhancing our liturgy. A special thank you to Mrs Valerie Chambers and Mrs Nereda Pinker and the parents who volunteered to help with the morning tea; setting up and cleaning after the event. Your time, efforts and thoughtfulness are very much appreciated!

Confirmation photo proofs are available for viewing at the Parish Office. Order forms and envelopes are also available from the Parish Office. Money or cheques need to be sealed in the envelope with the order and the photos will be delivered back to the Parish Office. Our group photo will be in the first newsletter of next term, sorry for the delay!

CATHOLIC MISSION
FUNDRAISING EVENT
XAVIER PJ DAY

Thank you to all the students and staff who took part in the Pyjama day today! We asked for gold coin donations and for spare change to take part in the Arts’ Councillors’ Guessing the Animal competition, thank you to the Year 6 students who organised this wonderful event!

We will inform you in our next newsletter the amount of money we raised for Madagascar.
INTERSCHOOL ATHLETICS CARNIVAL

Xavier finished third in last Friday’s Interschool Athletics Carnival at the school oval as St Jude’s took out first place, just 10 points away from Good Shepherd.

Our students demonstrated excellent sportsmanship and were lead extremely well by captains Makaela Tuhakaraina and Jeffrey Farrell with vice-captains Alicia Doria and Ben Mahony providing great support.

We were placed fourth after the Years 1-3 students finished the first half of the day with five top two finishes in the team events.

The older students immediately climbed up the ladder with great performances in the running races.

Xavier won five of the last 12 races in the Baton in Bucket and Baton Relay events to comfortably finish ahead of Santa Clara (505) and St Augustine’s (518). We placed third on 595 points as Good Shepherd (631) just fell shy of St Jude’s (641).

Thank you to Mr De Rozario for preparing the oval in superb condition and to the teachers for their efforts in the preparation of our competitors.

Well done to the P&F for supplying an excellent food and drink stall, that was well appreciated by the supporters and other schools last Friday.

PROTECTIVE BEHAVIOURS AT XAVIER

Ask your child what they have been learning in their Protective Behaviours lessons and take an interest!

TIP OF THE WEEK!

Model speaking about your feelings. This includes unhappy as well as happy feelings. Everyone has the right to their feelings. Children need to learn how to resolve bad feelings.

CHILD PROTECTION NEEDS TO BE A PRIORITY FOR EVERYONE!

MUMS & BUBS GROUP STARTS AGAIN WEEK 2 TERM 4

ATTACHMENTS

1. Mindfulness for children
2. Obstacle Course Fun-Race (P&F)

INVITATION TO SFX PARISH QUIZ NIGHT

The SFX Parish Social Committee is holding a Quiz Night on Saturday 17 October after 6.30pm Mass.

Teachers and Parents are invited to a fun night at the SFX Parish Hall.

Cost $10 per head. (Bring your own drinks and nibbles).

Tea and coffee provided.

(1st and 2nd prize) Tables of 8

THANKSGIVING MASS

You are invited to attend the Thanksgiving Mass offered for the Healing of Angela Freitas mother of Makaela, Liana and Heath Tuhakaraina at Holy Cross Catholic Church, Cnr of Carter and Dianne Street, Hamilton Hill, this Saturday 26th September at 6pm.

St Francis Xavier, Armadale - MASS TIMES

Saturday: 8.00am, Vigil Mass 6.30pm
Sunday:  7.30am, 9.30am & 6.00pm
Monday: 8.00am
Tuesday: 7.00pm
Wednesday: 9.00am
Thursday: 8.00am
Friday: 9.00am

St Kevin’s, Serpentine

Sunday: 9.00am (Note: there will be no Mass at St Kevin’s on the fourth Sunday of the month.)

St Maria Goretti Church in Jarrahdale on the 4th Sunday of every month.

Mass at Schoenstatt Shrine every Friday at 10.00am followed by morning tea.